Notices

DAILY RECORDED MESSAGES OF FORT MASON ACTIVITIES & EVENTS: 441-5705

AM/FM RECYCLING. Jane Olsen. Newspaper-loose paper, **NO** magazines, telephone books, or cardboard. Tin & aluminum, clean & flattened. Glass-all colors, caps removed. **2nd & 4th Saturday of every month,** 9AM-2PM, South end of Bldg. A, outside. 282-2479

HANDICAPPED. Ft. Mason can make arrangements for the handicapped if notified in advance. Ramps & elevators are available. Call 441-5706.

Fort Mason offices are now open Monday through Saturday.

To reach the STAFF: 441-5706, M-F, 9-5

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TIME VALUE: SEPTEMBER 1, 1982

DIRECTIONS: **East Bay**-Bay Bridge to Broadway Exit-Broadway to Laguna, Rt. turn to Marina Blvd. & Buchanan St.-Rt. turn. **Peninsula**-US 101 North to Franklin St. Exit. Franklin to Bay, Lft. turn to Laguna, Rt. turn to Marina Blvd. Rt. turn at Buchanan.

Change of Address: Forward both old and new addresses, plus a copy of your most recent mailing label, if possible, to Calendar, Fort Mason Center, Building A, San Francisco, CA, 94123.

DATED MATERIAL

Art & Music Dept.
San Francisco Public Library
Civic Center
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AUG 26 1982

September 1982

FORT MASON CENTER

9/12 features the King of Louisiana Zydeco music—Clifton Chenier— at the 10th Annual Blues Festival (9/11 & 12) **Photo: Craig Street**

FOR THE ARTS, HUMANITIES, RECREATION, EDUCATION AND ECOLOGY.

This monthly calendar supported in part by a grant from the San Francisco Foundation.

Residents Directory

Fort Mason Center houses over forty resident organizations. These groups can provide you with information on the recording business, dance, broadcasting, theatre, river rafting, marine ecosystems, printmaking, copyrights, boatbuilding, freelance writing and much more. Drop in at their offices to find out about classes, services, speakers or trips made available to you by these outstanding Bay Area groups. A complete list of residents appears below.

BLDG A.
Ace Mailing (771-6280)
City Arts Monthly/City Celebration (474-3914)
Contemporary Crafts, Meyer, Breier Weiss (928-2119)
Fort Mason Foundation (441-5706)
SFMMA Rental Gallery (441-4777)
Greens Restaurant (771-6222)
Tassajara Bread Bakery 2 (771-6330)
Waking Up in the Nuclear Age (885-5038)

BLDG B.
Arts Arbitration & Mediation Services (775-7715 or 775-7200)
Community College Art Center at Fort Mason (776-8247)
Cooks & Company (673-4137)
Marine Exchange (982-7788)
People's Theatre Coalition (885-2790/office, 776-8999/box office)
World Print Council (776-9200)

BLDG C.
Academy of Media & Theater Arts (776-4720)
African-American Historical & Cultural Society (441-0640)
Bay Area Lawyers for the Arts (775-7200)
World Music Network (441-5778)
Environmental Traveling Companions (474-7662)
Eureka Theatre (441-6842)
Feedback Productions, Make-A-Circus, Talespinners (776-8477)
Friends of the River (771-0400)
The Fund for Animals (474-4020)
Hospital Audiences, Inc. (776-9171)
Perception Gallery (776-0347)
S.F. Bay Area Dance Coalition (673-8172)
S.F. Central Y.M.C.A. (855-0460)
S.F. Children's Art Center (771-0292)
S.F. Dancer's Workshop (771-1211)
S.F. Folk Music Center (441-8910)
S.F. Theatre Academy (775-1533)

BLDG D.
Artists in Print (673-6941)
Asian Women United (775-0103)
Blue Bear School of Music (673-3600)
Center for Educational Telecommunications (775-0103)
Friends of the S.F. Public Library (558-3770)
Magic Theatre (441-8001)
Media Alliance (441-2557)
Mexican Museum (441-0404)
Performing Arts Workshop (673-2634)
Poetry Film Workshop (921-4470)
Public Broadcasting Assn. (673-9771)
Western Public Radio (771-1161)

BLDG F.
Whole Earth Bookstore (441-7250)

MARINE CENTER
Greenpeace (474-6767) Bldg E.
Lifeline Marine Research (775-6497) Bldg E.
Marine Center Planning (775-4640)
Marine Program Info. (775-INFO)
Maritime Humanities Center (771-3488)
National Liberty Ship, SS Jeremiah O'Brien (441-3101)
Oceanic Society (441-5970) Bldg E.
Oceans Magazine, Oceans Expeditions
Project Tektite (566-9390) (771-7327)
Yacht Racing Assn. of S.F. Bay (771-9500)

BLDG 240
American Youth Hostel, Inc./Travel Store (771-4646)
San Francisco Int'l Hostel (771-7277)

The Fort Mason Foundation, a privately-funded nonprofit organization, is engaged in renovating surplus military buildings at Fort Mason, headquarters of the Golden Gate National Recreation Area. The Foundation administers Fort Mason Center which is located on the Bay between Aquatic Park and the Marina Green. In less than three years, the Center has become a national model for low-cost community-responsive urban parks.

We invite you to bring your conferences, classes, performances, meetings or benefits to Fort Mason. Space for suitable activities is available for a nominal daily or hourly fee. Enjoy the pleasure of teaching, working, or performing in this unusual national park location. Call 441-5706 for booking appointments and information.

9/13 Little Charlie & The Nightcats performing at the 10th Annual Blues Festival (11&12)

SAN FRANCISCO BLUES FESTIVAL

Hosting a roster of stellar blues performers and staged outdoors overlooking the Bay, with a magnificent view of the Golden Gate Bridge and Marin Headlands, the highly-acclaimed San Francisco Blues Festival celebrates its 10 year anniversary with two days of very special performances. The event will be held Saturday and Sunday, September 11 and 12, from noon to 6pm at the Great Meadow in Fort Mason (located at Bay & Franklin Streets). Tickets are $5. in advance and $6. at the door for each day, and are available in advance at all BASS outlets. For information dial TELETIX.

The San Francisco Blues Festival is one of the oldest ongoing blues festivals in the United States. Started in 1973 as a tribute to the unique history of Bay Area blues, the San Francisco Blues Festival has gone on to beome one of the country's most important annual blues events. In its ten years of existence, it has received critical acclaim locally, as well as nationally, and in Europe. In 1980 the Festival toured France, Italy and the Netherlands, as well as a return tour this summer which also included performances in West Germany, Belgium and England. The San Francisco Blues Festival has been called "...the best-produced music festival in the Bay Area," by the **San Francisco Chronicle.**

Photo: Richard Minissali

9/13 & 14 Summer Quarter workshop show at Blue Bear School of Music.

ALTERNATIVE TRADITION AT BLUE BEAR

Blue Bear School of Music, which has had its home at Fort Mason Center for about half of its 11-year history, is the oldest continuing popular music school in the U.S. Since its 1971 founding in a San Francisco storefront with 25 students and the goal of educating aspiring rock musicians, Blue Bear School has grown to an enrollment of over 200 and a curriculum which includes not only Rock, but extensive Jazz programs, New Music, Pop, Synthesizer, and introductory courses in Music Business.

Blue Bear students range in age from early teens to mid-fifties and from absolute beginners to advanced players. Each arranges his/her own program—it may consist of just private lessons (Blue Bear offers lessons on most instruments and voice) or a fuller schedule of theory classes and playing workshops. Blue Bear School is especially proud of its Workshop program, assembling student bands to rehearse with a teacher and perform at the end of the 10-week quarter. SUMMER WORKSHOP SHOWS will be September 13th and 14th (see the Calendar for details.)

Also on the September performance schedule is a BLUE BEAR FACULTY JAZZ JAM, a special event celebrating the school's expanded Fall Jazz programs (see Tudesday, September 7th.)

Although Blue Bear alumni include many professional musicians, the school continues to emphasize music for its own sake. Says co-director Steve Savage: "The real motivation for coming to Blue Bear is to add more music to your life."

Registration for Blue Bear's Fall Quarter opens September 7th; programs begin September 27th. For more information or a free catalog, call (415) 673-3600.

GOLDEN GATE ENERGY CENTER

The Golden Gate Energy Center is presenting the last part of their FREE lecture series at Fort Mason Center. If alternative energy is of interest to you, on September 2, Wind Power theory, application, machinery, cost and wind prospecting will be covered. If you are interested in a different type of building, September 9 will provide you with the information on Rammed Earth Home Construction. But if gas is one of your problems the last lecture of the series on September 16 will cover the how-to production of Alcohol Fuel for your car. The Wind Power and Rammed Earth lectures will be in Building C and the Alcohol Fuel lecture will be held in Building E.

If you are interested in information about future lectures or alternative living give the Golden Gate Energy Center a call at 332-8200 or visit them in the Marin Headlands just over the Golden Gate Bridge.

Join Us

DID YOU KNOW...

Did you know that behind Fort Mason are hundreds of individuals like you who believe in the ideal of free and low-cost programs responsive to people's interests and needs?

Open this calendar! See the opportunities here for you and then help us!

BECOME A FRIEND OF THE FORT—
Your financial assistance will help us to continue our transformation of this old fort into lively theatre, galleries, music halls, offices and classrooms. And your involvement in events and programs at the Center will help fulfill the possibilities of this unique project on San Francisco's waterfront.

Friends of the Fort Benefits

Individual—Calendar subscription, membership card, discount on Magic Theatre's season subscription (up to 9/29/82, 5% off sales at SFMMA Rental Gallery
Family—Same as above + 2nd membership (same name)
Participating—Same as above + 1 coupon for free special event poster
Supporting—Same as above + 1 year subscription to Oceans Magazine & the opportunity to purchase up to 4 tickets to a no-host dinner at Greens w/complimentary wine
Donor—Same as above + 2 tickets for a Whale Watching trip or 1 ticket for a Natural History Trip to the Farallon Islands.
Sponsor—Same as above + 2 tickets to a Gala Opening Night at Magic Theatre, (play & catered reception).
Patron—Same as above + 2 tickets to a Liberty Ship Cruise

- ☐ PATRON - $1,000 or more
- ☐ SPONSOR - $500
- ☐ DONOR - $250
- ☐ SUPPORTING - $100
- ☐ PARTICIPATING - $50
- ☐ FAMILY (2 adults, children under 18) - $25
- ☐ INDIVIDUAL - $15
- ☐ CORPORATE SPONSOR - $1,000 or more
- ☐ CORPORATE SUPPORTER - $500

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All Contributions are tax-deductible. For further information, please call 441-5706
FORT MASON, Building A, San Francisco, CA 94123

FORT MASON CENTER

Daily recorded messages of Fort Mason Activities and events: 441-5705

September 1982

All events are presented through the cooperation of Fort Mason Foundation and the Golden Gate National Recreation Area. Visit Fort Mason Center, Laguna and Marina Blvds., S.F. 94123. 441-5705.

1 WEDNESDAY
Sam Shepard's "Curse of the Starving Class" presents the conflicts of personal identity that rage within a rural lower class family. It is the 2nd drama of the "Family Trilogy" & is directed by John Lion. 7/28-9/12, Wed-Sun, 8:30pm $8.50/$6.60 Sr,Stu, at Magic Theatre, Bldg D 441-8822

Photo: Allen Nomura

7/28-9/12 Curse of the Starving Class at Magic Theatre

2 THURSDAY
Golden Gate Energy Center presents an introduction to wind power. Incls: Theory, application, machinery cost & wind prospecting. 7:30pm FREE Bldg E 332-8200

Curse of the Starving Class see 9/1

3 FRIDAY
Curse of the Starving Class see 9/1

4 SATURDAY
Psychic Fair w/readings using tarot cards, astrology, palmistry, crystals & direct clairvoyance. 9/4,5,6, Sat,Sun,Mon, noon-9pm, FREE adm. Bldg C 626-3131

Psychic Horizons presents a psychic demo. w/readings & healings by students & professional staff. 1 pm, FREE Bldg C 753-6001

Ali Akbar Khan, Indian sarod master, in a benefit performance for the World Music Network, w/tabla master Swapan Chaudhuri. 8pm $7/$5mbrs, Bldg C 441-5778

Alcoholic Anonymous regular meetings. Sat 9/4,11,18,25, 7pm FREE Bldg C 661-1828

Curse of the Starving Class see 9/1

5 SUNDAY
Labor Day Waterfront Celebration at the Hyde St Pier/Maritime Museum, features traditional music of the Sea, fancy work, sailmaking, live steam engine, films & GGNRA Ranger guided tours. Noon-5pm FREE Beach/Polk & Hyde St. Pier 556-6435

Labor Day Poetry on Human Rights Highlights from 50 years of American Labor Movement poetry, w/open reading of political poetry. 7:30pm $2 Bldg D 921-4470

Book Sale Hardcover & paperbacks all on sale—4 for $1., or 30¢ each. Titles will incl. everything from Art-Zoology. 11am-4pm FREE adm. Bldg C 558-3770

Photo: Steve Parente

9/5 Book Sale by Friends for the SF Public Library—books 4 for $1.00

Psychic Fair noon-9pm see 9/4
Curse of the Starving Class see 9/1

6 MONDAY
Psychic Fair noon-9pm see 9/4

7 TUESDAY
Blue Bear Jazz; Jazz jam session celebrating Blue Bear School of Music's expanded jazz curriculum. Featured; Blue Bear's lesson, class & workshop teachers. 8:30pm FREE adm Bldg D 673-3600

Playwrights' Ctr. Script reading, critiques. 7pm $2 Bldg C 931-2392

8 WEDNESDAY
Curse of the Starving Class See 9/1

9 THURSDAY
Golden Gate Energy Center presents info on Rammed Earth Home Construction. 7:30pm FREE Bldg E 332-8200

Curse of the Starving Class see 9/1

10 FRIDAY
Taoist Esoteric Yoga Explore the Taoist approach to physical & spiritual well being. A talk on Taoist Alchemy. 7pm FREE Bldg C 647-2161

Underwater Photographic Society monthly meeting. 7:30pm FREE Bldg C 532-7511

Art & Growth lecture & slideshow on painting as a tool for self-expression by Michell F. Cassou, well-known Bay Area artist/teacher. 7:30pm $3 Bldg E 564-8515

Irish Country Dance & Concert Larry Lynch, U.S. Champion Dancer, w/live music & entertainment & audience participation. 9/10&24, 8:30pm, $4, Bldg C 863-6424

Curse of the Starving Class see 9/1

9/11 Curtis Salgado & Robert Cray perform at the 10th Annual Blues Festival (9/11&12)

11 SATURDAY
10th Annual San Francisco Blues Festival Two days of special performances. 9/11 Sat, & 9/12 Sunday. Today: Albert Collins, John Hammon, The Robert Cray Band, Melotones, and the Blues Survivors with Cool Papa. Noon-6pm, $5/adv $6/door, Great Meadow-Bay & Franklin, parking Crissy Field, ticket info. call TELETIX.

Inside-Out a musical theatre adventure by, for & about children. A special treat for the entire family to enjoy. 9/11&12, Sat-10am&2pm, Sun-2pm, $3.50/$2.50 Chdrn & Sr, Bldg B 776-4720

Chinese Classical Music from Beijing. The World Music Network presents Sun Zhong Jian, Chinese violin soloist, Beijing Central Nat'l Philharmonic, & Liu Weishan, cheng (zither) soloist, Nat'l Central Song & Dance Ensemble. 8pm $5/$4mbrs Bldg C 441-5778

Alcoholic Anonymous 7pm see 9/4
Curse of the Starving Class see 9/1

12 SUNDAY
Blues Festival continues. Today: Clifton Chenier, Gatemouth Brown, Charles Ford Band, Lloyd Glenn, Johnny Littlejohn, & Charlie & The Nightcats. Noon-6pm, $5/adv., $6/door, Great Meadow-Bay & Franklin, parking Crissy Field, Tickets call TELETIX

1st Annual Peace Activists Gathering A forum for dialogues on strategies for peace info, skills sharing, & cultural activities ($5/table). 9:30am-6pm, $5/adm Bldg A 495-0526

Plowshares Coffeehouse presents Golden Bough, British Isles trad. songs + gypsy originals. Tight, skillful arrangement performed w/spirit + energy. 7:30pm $5-$3.50 Bldg C 441-8910

Readings-Great Gay Poets Selections from Walt Whitman, C.P. Cavafy, Jean Cocteau, Arthur Rimbaud, W.H. Auden, Robert Duncan, Frank O'Hara, Allen Ginsberg + more. Narrated by local actors + open mike. 7:30pm $2 Bldg D 921-4470

Inside-Out 2pm see 9/11
Curse of the Starving Class see 9/1

13 MONDAY
Summer Quarter Workshop Show Blue Bear School of Music student bands perform material they have worked on over the summer quarter. 9/13&14, Monday: Jazz, Tuesday: Rock &New Music. 8pm $1 Bldg D 673-3600

Oceanic Society, SF Bay Chapter membership open house. Tonite—Flight Patterns of Migrating Birds of the Bay Area. Meeting 6pm, Program 7:30pm, $2 Bldg C 441-5970

14 TUESDAY
Playwrights' Ctr. Script reading, critiques. 7pm $2 Bldg C 931-2392

Summer quarter Wkshp. Show 8pm see 9/13

15 WEDNESDAY
Childhood Dreams & Play understand the special symbolism of our childhood dreams & their relation to the creating of our childhood play. 8pm $4 Bldg E 848-2173

16 THURSDAY
Golden Gate Energy Center presents info. on Producing Alcohol Fuel for Your Car. Incls: theory, still design & construction, recipes, cost & safety. 7:30pm FREE Bldg C 332-8200

9/12 Lloyd Glenn performs at the 10th Annual Blues Festival (9/11&12)

17 FRIDAY
Artist Residency Training (ART) Wkshp. to train Artist in Residency for California Arts Council. Interested artists are invited. 9am-4pm, $25/non-mbrs, Bldg A 469-1433

Plowshares Coffeehouse presents Cheap Suit Serenaders, vintage city-style, jazz & blues at their finest. 7:30pm $5-$3.50 Bldg C 441-8910

18 SATURDAY
SS Jeremiah O'Brien Open Ship Weekend Liberty Ship open w/ triple expansion steam engine running. Sea chanties sung on board Sat. Visitors welcome to join in. 9/18&19 Sat&Sun 10am-3pm $2/$1 Sr, Chdrn, $5/families Pier 3 east dock 441-3101

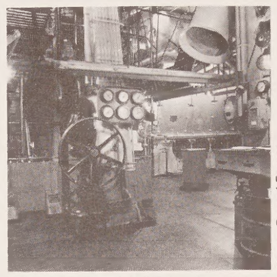

Photo: Russel Fraser

9/18,19 SS Jeremiah O'Brien Open Ship Weekend w/engines running

SF Apple Core General meeting of the APPLE computer users group. Demo. of new software & hardware. Exchange ideas & info. w/other APPLE users. Public welcome. 10am-1pm FREE Bldg C 566-2342

Tear Gas/Mace Self-Defense Course incl: tear gas training; permit; instruction in psychology of assault prevention; & simple physical defense skills. W/Judith Fein, Ph.D., Bk Belt Korean karate & author. 10am $25/½ price Sr & dsabld Bldg C 564-9140

Los Peludos, Mexican, Afro-Cuban, Venezuelan, & Colombian folk & popular music, presented by the World Music Network. 8pm $5/$4mbrs Bldg C 441-5778

Artist Residence Training (ART) wkshp to train Artist in Residence for California Arts Council. 9am-5pm $25 Bldg C 469-1433

Alcoholic Anonymous 7pm see 9/4

19 SUNDAY
Plowshares Coffeehouse presents a folk music dance or concert. 7:30pm $5-$3.50 Bldg C phone for info. 441-8910

Great Poetry from Rock Music the best of Mass-Media Poetry from Bob Dylan & the Beatles to Punk. 7:30pm $2 Bldg D 921-4470

SS Jeremiah O'Brien 10am-2pm see 9/17

21 TUESDAY
Playwrights' Ctr. Script reading, critique. 7pm $2 Bldg C 931-2392

24 FRIDAY
JACKIE the agency that finds parents for Bay Area homeless children sponsors a wine & cheese social. 6pm $5/$7.50cpl Bldg A 863-4340

Irish Country Dance & Concert see 9/10

25 SATURDAY
Shadow Play Theatre Co. Balinese shadow puppets in stories told in English & Blainese w/slapstick comedy & high drama w/gamelan music, for chdrn & adults. 8pm $5/$4 mbrs Bldg C 441-5778

3rd Annual SF Firefighters Chili Cook-Off benefit for Bothin Burn Ctr. at St. Francisco Hospital. Music by the John Gallagher Band, & refreshments at nominal charge. 10:30am $4/door, adv. tickets $3/$1 chdrn 6-14, FREE for chdrn under 6, Pier 3 362-9658

Benefit Art Exhibition/Auction by the New Victorian Chapter, Women's American ORT (Organization for Rehabilitation through Training) features art from the Int'l collection of Collier Art Corporation, top European & Am. artists. 7:30pm, Auction-8:30pm, $2.50 Bldg A 752-0140

Alcoholic Anonymous 7pm see 9/4

26 SUNDAY
Plowshares Coffeehouse presents Gold Ring, Irish, Cape Breton Scots, French-Canadian & old-time music performed by Terry Corcoran, Kevin Carr & Cait Reed. 7:30pm $5-$3.50 Bldg C 441-8910

Golden Gate Postcard Club welcomes anyone interested in collecting, studying, exhibiting & exchanging postcards. 1:30pm FREE Bldg C 283-6584

Poetry Films on Love & Death Ray Rices' "Butterflyman & The Women," Dorothy Fadiman's "I Am All Of These," Anne Sexton's "Old," Gregory Corso's "Marriage," Diane Wakowski's "Screw," Zohar Guri's "This Be Samson" + more. 7:30 pm $2 Bldg D 921-4470

28 TUESDAY
Playwrights' Ctr. Script reading, critique. 7 pm $2 Bldg C 931-2392

29 WEDNESDAY
Sand Castles Two families vacationing at the beach reveal their lives' dreams & struggle to communicate. Written by Adele Edling Shank, World premier, previews 9/29-10/2, Wed-Sat 8:30pm, $9.50/$7.50 Sr. Stu., Previews & Matinees, Bldg D 441-8822

30 THURSDAY
Air Brush Wizardry The art of air brush illustration: John Mattos w/slides & demo. of his works & techniques. 7:30m $5 Bldg C 673-6941

Sand Castles 8:30pm see 9/29

Galleries

Perception Gallery "The Yosemite Experience" 9/14-10/9 see Galleries.

Contemporary Crafts Meyer Breier Weiss Gallery West Coast Glass by Dorothy Bauer, Dorit Brand, Michael Cohn, Kerry Feldman, Paul Leal, Walter Lieberman, Lori Lipsman, Richard Marquis, Jay Musler, Christin Robbins, Amy Roberts, David Schwarz & Therman Statom. 8/10-9/11, Tue-Sat, 11am-5pm, Bldg A 928-2119

SF Museum of Modern Art Rental Gallery reopens this month on 9/9 w/paintings by Joan Hellenthal, Toshiyasu Oi, & Steffini Bailey. 9/9-10/1 Mon-Fri 10am-5pm Bldg A 776-9200

World Print Gallery presents "Bay Area Monotypes," one-of-a-kind prints utilizing traditional or new printmaking techniques, often w/hand treatment. 8/18-9/24 Mon-Fri 10am-5pm Bldg B 776-9200

Mexican Musem Agueda Lozano of Mexico City & Paris exhibits her large abstract paintings w/David Guerrero of Colorado exhibiting his photographs "A Chicano Views the Mexican People." 6/8-9/12 Wed-Sun noon-5pm Thur noon-8pm $1/50¢ Sr, Chdrn, Bldg D 441-0404

Magic Theatre exhibition of season & production posters documenting the 16 year history of SF's foremost small theatre, featuring posters designed by the late renowned collage artist, Satty. 9/7-30, Mon-Sat, 9am-5pm, Ft. Mason Fndn. Lobby, Bldg A 441-5706

Perception Gallery Tue-Sat 1-4:30pm Bldg C 776-0347

A Presentation in Clay & Fiber: Porcelain Vessels by Alyce Buchanan & Ceremonial Kimonos by Lois Ericson. Show ends 9/11

The Yosemite Experience A multi-media group show from Ann O'Hanlon's Annual Yosemite Valley & Tuolomne Meadow High Camp workshops 9/14-10/9 Recept. 9/17 Fri 5-8pm

Classes and Workshops

Health & Recreation

YMCA Classes Call 885-0460

Ballroom Dance Ernie Haeusslein's popular class for beginners thru advanced, plus an hour of social dancing. Wed 7:30-10:30pm 8 wks. Singles $22/$17 Y mbrs, couples $40/$30 Y mbrs Bldg C

Dance Exercise A fitness program of warmup, stretching & aerobic dances to music, improves strength, endurance & muscle tone the Y's way. Mon Thur 6:30 pm $30/$20 Y mbrs. Bldg C

The Work of Doris Breyer A gentle movement class utilizing the healing potential of your energy's free flow to restore health, flexibility & youthfulness. Tue 6pm, Sat 10am $4/cl Bldg C 221-4444 ext 959

Aerobic Condition to Music Mary Fischer's program to improve flexibility w/Yoga, develop greater strength w/dynamic resistance, improve endurance w/dance aerobics. Wear tennis shoes. Men & women welcome. Mon & Wed 6pm. Tue & Thur 5:30pm, all classes 1½ hr $24/4 wks, $4/cl Bldg C 775-8229

Let's Move w/Stephanie & Sheila Earle. A vigorous exercise program. Fast paced workout. Mon thru Fri 8-9am, Mon Wed Fri Sat Sun 9-10am. Mon Wed Fri 6-7pm, Tue Thur 7-8pm, $2/drop-in, $1.75 w/card Bldg C 776-4509

Shaping Up w/Helene High energy wholistic exercise class that blends: jazz Warm-up, Aerobic Dance, Muscle-toning & yoga stretches to "Hot" music. All levels, bring mat. Sat 10am, Tue Thur 6pm, $35/6wk, $25/cl cd, $4/cl, Bldg C 387-2140

Awareness Thru Movement/Feldenkrais Method non-strenuous movement lessons designed to improve posture, breathing, movement & self image. All ages & physical conditions. Wear loose clothing. Tue Noon $5/cl Bldg C 647-3056

New Dimensions Marilyn & Jean Taylor & Shirley Dockstader. Bldg C 332-9017

Physical Fitness Stretching, aerobics, total body cond. to fun music for better physical fitness & mental health. Co-Ed. Mon-Fri 8am & 9am, Sat 9-10:30am, Mon 5:30pm, Tue Wed 5pm, Sun 9am, $3/$2.50 w/card, $4/Sat 1st Class FREE

Yoga Emphasis on stretching, flexibility, building physical strength & endurance & mental peace. Begins 9/13 Mon & Wed 3:30pm $2.50/card, $3/drop-in

Class for Seniors & People New to Exercise Emphasis: stretching, flexibility, & general body-toning. Tue & Thur 10:30am begins 9/14, 1st class FREE, & FREE for Seniors. $2.50/card, $3/drop-in

Irish Country Dance Lessons for Adults Larry Lunch U.S. Champion Dancer teaches fundamentals of Round, Long, Square & Couples dances. Thur 9/2,9,16, Beg: 7:30pm, Inter: 8:30pm, $25/7cls, Bldg C 863-6424

Children's Classes

SF Children's Art Ctr. offers instruction in painting, drawing, printmaking & sculpture. Individual attention to each child's development. Special class for children 11-14. Summer classes begin 7/6 Bldg C info call 771-0292

Children's Animation Workshop 1982-1983 Make your own films using cut-outs, clay, collage & film strips. Make sound effects & graphics based on your own story/poem. Sun, begins 9/19, $5/cl, Bldg D 921-4470

Academy of Media & Theatre Arts announces Fall classes in Creative Drama for children 8-12. Classes will meet 15 wks on Sat beginning 10/9. For more info. call 776-4720

Photo: Victor Samuels

Childrens' Art Classes see Classes & Workshops

Education

Black Writers Workshop Poetry & prose are shared & discussed. Publishing resources & how-to logistics provided. Sat 1-3pm FREE Bldg C 864-1010

Intro. to Ideas of Gurdjieff Weekly meetings to discuss Gurdjieff's work, w/emphasis on practical application in daily life. Tue 8pm FREE Bldg E 626-9301

Tear Gas/Mace Certification Dept. of Justice req. course to legally carry tear gas for self-defense. W/Judith Fein, Ph.D., author, Bk. Belt Korean Karate. 9/15 Wed 7pm $25/½ off to Sr & Dsabld Bldg D pre-reg. call 564-9140

Dream Group Essentials of Dreamwork: dream theories (esp. Jung), journals & expressive Artwork. Begins 9/22 8pm $25/wks Bldg C 848-2173

Word Magic & the Power of Language Creative writing wkshp reviewing innovative styles of Modern Classic writers from Whitman & Rambaud to major contemporaries & their application to ones own writing. Wed begins 9/8 7pm $5 Bldg D 921-4470

Stampede of Memories Poetry & fiction wkshp for Senior Citizens dealing w/personal experience & world views. Class mbrs. works heard & discussed, w/focus on self-publication. Begins 9/8 Wed 2:30pm $2 Bldg D 921-4470

Martial Arts

Chinese Martial Arts Jack Man Wong. Tai Chi Chuan & Northern Shaolin for robust health, high spirits, rational thinking & self-defense. Wed & Fri 6-8pm, Sun 10am-12pm, Bldg C $30/mo 261-7105

ICI Tai Chi Chuan Sifu Fong Ha. Complete classical forms w/emphasis on meditative aspects. Tue & Thurs 7-9:30pm $40/mo Bldg C 524-4718

Chinese Internal Martial Arts Traditional practices: Tai Chi, Hsing I, or Pa Kua. Yi Chuan School of Internal Arts. Mon 7:30pm, Wed 7pm $5/cl, Bldg C 731-8134 eve.

Visual Arts & Media

Ft. Mason Art Ctr. offers tuition-FREE, ongoing classes in painting, drawing, glass, sculpture, jewelry-making, batik, ceramics, quilting, weaving, art critique & curatorship. A Galileo-Marina Community College Ctr. program open to anyone 18 years & older. Info in Bldg B 776-8247

Academy of Media & Theatre Arts announces Fall classes in radio and video techniques for young people 12-19. For info. 776-4720

Basic Film Workshop Intro. Filmmaking course incls: camera operation, script writing, editing & sound + production of one 3-min. film. Sun 9/19-10/31, 2-6pm, adv. reg. req. (2wks in adv.) $50/7wks, Bldg D 921-4470

Artists in Print (AiP) offers workshops in pasteup production, graphic design, illustration, advertising agency art direction each spring & fall. Write AiP Survival Workshops, Ft. Mason Ctr. SF 94123 & SASE

Writing for Self-Expression & Publication Elliott Joseph helps you develop your own style of written expression & learn how to satisfy needs of editors, publishers & readers. Thur, 9/30-11/4, 8pm, $90, ltd. enrollment, Bldg C Pre-reg. req. 441-5717

Media Alliance Classes & panels for reg. & info. Bldg D 441-2557

Creating An Effective Newsletter: "how-to" class for beginners. Covers: purpose of a newsletter; designing and editorial format; meeting your audience's needs; practical aspects of production; graphic format; typesetting; & printing, w/Linda Nanfria. 4/Mon, 9/20-10/18 6:30pm $40.

Investigative Reporting Techniques for TV: Course analyzes successful efforts to bring "dull" stories to life, discusses the legal limitations facing undercover TV reporters, & helps you to find visually interesting material. For people w/some media background, w/Belle Adler. 3/Wed 9/29-10/13 6:30pm $40

Photo: Rick Grosse

Freelance Photography workshop w/Rick Grosse 9/30-10/21

Freelance Photography: Strategies for Success: basic elements of the business of successful freelance photogrpahy, for beginner & practicing pro. Topics incl: putting together an effective portfolio, freelance markets, & protecting the rights of your photographs, w/Rick Grosse. 4/Thur 9/30-10/21 6:30pm $60.

Breaking Into Freelance Writing: panel will discuss ways to make money freelancing & help beginners focus their ideas, find an area of interest, & sell themselves & their ideas. Panelist incl: Perry Garfinkel, & others freelancing in the areas of investigative, foreign, & political reporting. Tue 9/28 7:30pm Bldg C $5.

Environment

Owner Builder Ctr. offers ongoing courses in Plan Drawing, Design, Housebuilding & Remodeling. Info & Reg. call 848-5950

Photo: OBC

Owner Builder Ctr.

Performing Arts

Academy of Media & Theatre Arts announces Fall classes in Basic Acting Techniques, Scene Studies & Audition Techniques, Musical Theatre & Media Techniques for young people 12-18. Classes: begin 10/4, & meet for 15 wks. Reg. & info. 776-4720

Fall Quarter Registration opens for lessons, classes & workshops in Jazz, Rock, & all styles of popular music + synthesizer & Music Business. Blue Bear School of Music Call for FREE catalog. Reg. 9/7, Classes run 9/24-12/4, Bldg D, 673-3600

Photo: Jonathan Singer

Improvisation Workshops w/Sue Walden

Improvisation Classes w/Sue Walden for information & registration call 771-1046

Improv. Techniques 1 Exercises, games & performance structures that develop necessary skills to create theater spontaneously Beg/Review Mon Wed 9/27-11/3 7:30pm $70 Bldg C/E

Improv. Techniques 2 Emphasis: sm. group wk., solos, stage awareness (pre-req. Improv. Tech. 1) Wed 7:30pm 9/22-10/27 $70 Bldg E

Improvising Scenes I Tools, exercises & practice in creating comedic & dramatic scenes spontaneously: verbal/non-verbal. 9/21-11/9 Tue 7:30pm Bldg E

Improvising Scenes 2 Focus on character wk. + Improv. tools, skills & exercises for creating comedic & dramatic scenes spontaneously. (pre-req Improvising Scenes 1) 9/23-11/11 Thur 7:30pm Bldg E